Monday, March 31, 2014

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LONDON metro®

THE NEW LOTTO 649

Andrew Petriw
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March 15

GUARANTEED $1 MILLION PRIZE WINNER

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SEE HER (LITERALLY) SING IN THE PAPER WITH OUR NEW AUGMENTED REALITY (AR) TOOL PAGE 6

Ryder cusses up a storm after Juno win

Use Metro AR to view a photo gallery of winners from the Juno awards gala and the red carpet PAGE 9

Put your wallet on a diet, make your own lunch

Scan the image to watch a video bearing more financial advice from Gail Vaz-Oxlade PAGE 14

UConn upsets Michigan State in NCAA action

With B-ball's move to T-shirt-style jerseys, use the Metro News app to vote on ugliest uniforms in sports PAGE 18

NEWS WORTH SHARING.

'Shake hands? Why? ... It's war'

London Lightning owner Vito Frijia is pleased with his team's 84-79 victory over the Windsor Express, forcing a Game 7 in Windsor on Tuesday.
MARK SPOWART/FOR METRO

NBL Canada.
London Lightning defeat Windsor Express 84-79 to force Game 7 in conference final on Tuesday

DAVE LANGFORD
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One of the London Lightning's keenest season-ticket holders made a point as the game ended Saturday night.

"Make sure you ask (the Windsor Express) why they didn't shake hands," he said.

This request came immediately after the London Lightning had defeated the Windsor Express 84-79 on Saturday night, forcing a Game 7 in the roughest, toughest basketball series perhaps ever seen in Canada.

Each team now has three wins — two on the road and one at home — in the National Basketball League best-of-seven conference final going into the Tuesday game in Windsor.

The series winner meets the Island Storm in Charlottetown in the league final that would start later this week in either London or Windsor.

And while there was some hand-wringing Saturday, there was no hand-shaking between the Lightning and Express.

"Shake hands? Why? This is playoff basketball," Lightning head coach Micheal Ray Richardson said. "In the NBA, they don't shake hands. That's just part of it. It's war. It's war for us."

Veteran Lightning forward Tim Ellis agreed.

"You don't take anything personal from it," Ellis said. "When it's all over and done, you shake hands then. But right now, no friends. They're coming to beat us. We're coming to beat them."

And finally, from Lightning guard Garrett Williamson: "It's playoffs. Some people do it and some people don't. It's competitive right now. It's war. You don't want to shake hands with the enemies."

Canadian Living 2014 BEST NEW PRODUCT Voted by Consumers – Research by BrandSpark –

THE BEST OF THE BEST
BEST NEW PRODUCT AWARD WINNERS CHOSEN

See inside

Province's top earners

OPG giveth, and OPG taketh away

Executives at Ontario's government-owned utility, who have been under intense scrutiny for generous salaries and benefits, again topped the list of the province's highest paid public sector employees in 2013.

Tom Mitchell, president and CEO of Ontario Power Generation, was the top earner at $1.71 million last year, including taxable benefits — about the same as 2012. Next on the list was chief nuclear officer Wayne Robbins, who took in $920,713.

They were among 11 OPG executives who earned more than half a million dollars last year.

OPG came under fire last December when auditor general Bonnie Lysyk released a damning report about their compensation packages, saying they were "significantly more generous" than for comparable positions in the civil service.

She noted that OPG's executive and senior management group swelled by almost 60 per cent since 2005.

Lysyk said it had a financial impact on the cost of electricity — a big headache for the governing Liberals.

In the wake of the report, OPG's chairman Jake Epp — who collected $150,000 last year — fired three executives.

No. 3 earner on the sunshine list, John Murphy, executive vice-president of strategic initiatives, collected $910,869 in 2013. Chief financial officer Donn Hanbidge received $670,929, and Lou Pollieri, chief audit executive, earned $296,396. But OPG will have to shell out about $3.4 million in severance.

THE CANADIAN PRES

The leafy grounds of Western University are home to almost 1,200 sunshine-list salaries. MIKE DONACHIE/METRO

It's always sunny for Western's top 1,200

Sunshine list. Record of $100K+ earners shows school's transparency, but draws concerns

MIKE DONACHIE
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There are a lot of Western University names on Ontario's list of high earners, and they had better be worth it.

Western University Students' Council president Patrick Whelan said students are concerned about increasing costs.

So, after the university published the names of almost 1,200 people on the sunshine list of public employees paid more than $100,000 per year, Whelan expressed a hope that they are a good investment.

"We're glad that Western is very open about its compensation for faculty and administration," said Whelan Sunday.

"The concern for students is mostly about increasing costs.

"We know revenue is difficult for universities to raise in these fiscally tough times, and we know salaries are the greatest expense to Western.

"It's important that when we do make investments, that we are ... improving the teaching quality of our university."

The 1,200 employees comprise just less than a third of all Western employees.

The Public Sector Salary Disclosure Act requires organizations that receive public funding from Ontario to disclose annually the names, positions, salaries and total taxable benefits of employees paid $100,000 or more in a calendar year.

WITH FILES FROM SCOTT TAYLOR

The sunniest

- **President and Vice-Chancellor Amit Chakma topped the list.** He was paid $479,600, along with $41,000 in taxable benefits.
- **Dr. Michael Strong, Dean of the Schulich School of Medicine and Dentistry**, was next up at $465,459, (down $17,000 from 2012).
- **Next were Dr. Richard Kim, Chair of Clinical Pharmacology**, who was paid a shade under $400,000 (up $71,000); **Provost and Vice-President Janice Deakin** at $343,000 (down $7,000); and **Dr. Robert Hegele**, who earned $319,413 (even).

Earth Hour. City says rise in power use due to cold

The annual switch-off of electric lights didn't go so well in London, it's been revealed.

Earth Hour, which aims to save resources and send a green message, actually saw an increase in power usage in the city.

But London Hydro and the city said the cold weather made it difficult to compare 2014 with previous years.

It was more than three degrees colder in London on Saturday night than during the last Earth Hour on April 13, 2013, a city statement said, so people were running their heating to stay warm.

Electricity demand was 2.5 per cent, or 10 megawatts, higher than last year. Across the province, demand was down by 2.6 per cent, according to the Independent Electricity System Operator. METRO

Accepting applications

LCF looks to fund heritage projects

The London Community Foundation is accepting applications through April 1 from groups looking for a little extra cash to pay for heritage projects.

Just shy of $20,000 is available in several categories, including archeological heritage.

Check lcf.on.ca for details. METRO

Beacock Library

Community group wants your food

A group in Beacock Library is collecting food items for donation to a food pantry of its choice each month. Called Community Helping Community, the effort is the work of folks in the Beacock Coffee and Game Fun Group. People can drop off non-perishable food items at the library from 10 a.m. to noon. METRO

Cops seeking tips

Two arrested after Sunday stabbing

Two people have been arrested in connection with a stabbing in London Sunday. Cops said it happened at about 11:54 a.m. in the area of Oxford Street East at Gammage Street. Charges against the two males are pending, police said, and the victim was taken to hospital with non-life-threatening injuries. METRO

Film festival. Community invited to walk for water

Everybody's invited to a special water-themed walk on Saturday.

Members of the Just for Girls project, which is run by the Boys and Girls Club of London, are leading the walk, in conjunction with the Solidarity Film Coalition.

It will take participants along the Thames River near the Forks of the Thames, starting at 11 a.m.

And the event leads into part of the Water Rights Film Festival at the nearby Museum London. The festival, which is organized by the coalition and benefiting from space donated by the museum for free, is offering animated films on the theme of water starting at noon.

The idea is to raise awareness of water conservation and related issues, said the coalition's Paula Papel.

"It's a way to engage the community with a Saturday morning walk and to encourage children to be more active," she said.

MIKE DONACHIE/METRO

All about H2O

The Solidarity Film Coalition, which is made up of a variety of like-minded groups, is screening films about water on April 4, 5 and 6.

- For full information, visit waterrightsfilmfestival.wordpress.com.

In Ottawa. Terrorism trial of London doctor to resume on Monday

Closing arguments in the trial of a London doctor accused of participating in an alleged terror plot will resume in an Ottawa courtroom on Monday.

Dr. Khurram Sher pleaded not guilty in February to conspiring to facilitate terrorist activity. The RCMP arrested Sher on Aug. 6, 2010, after following him over several months and monitoring his emails and phone calls.

The Crown alleges a post-dinner chat on July 20, 2010 at an Ottawa apartment turned from small talk to a discussion about making a bomb and a potential attack on CFB Trenton.

Sher testified last month that although some parts of that conversation were "alarming," it descended into nothing but "a farce."

"It was a lot of bizarre comments. Just being goofy and silly," he told the court.

The Crown's case relies heavily on transcripts from several phone conversations between February to August 2010. Sher's lawyers say the accuracy of the July 20 conversation in particular is questionable because the 70-minute audio recording is of poor quality and often contains muffled voices.

Sher's lawyers also argued the transcripts should not be considered as evidence since they are of the interpretation and opinion of the RCMP officer who spied on Sher and his two alleged co-conspirators.

JOE LOFARO/METRO

Sigh of relief for London's Danielle

Recovering well. Second double-lung transplant for 28-year-old with cystic fibrosis

SCOTT TAYLOR
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A London woman is well on her way to recovery after undergoing a rare second double-lung transplant Nov. 10 in Toronto.

Danielle Davidson, 28, said she's now up and moving around, but the road she's taken has been anything but an easy one over the past few months.

She needed the original transplant because she has cystic fibrosis.

"The first transplant, I was 26 and it lasted for about two-and-a-half years, but throughout that time my lung function continued to drop," she said.

Her body was rejecting them.

The fact is the new lungs never worked as well as Davidson and her doctors had hoped. At best, they functioned at 40 per cent and by the time she went back into the hospital that was down to about 12 per cent.

"I was in a wheelchair. I could hardly do anything for myself," she recalled. "The physical feeling of being out of breath all the time is terrible."

Only about 10 per cent of all people who receive a double-lung transplant are eligible for a second one.

"I was pretty lucky, in my opinion," she said.

The biggest concern, of course, is that the call from the hospital wouldn't come quickly enough. When a set of donor lungs did become available, she and her husband, Brandon, were told to be in Toronto in less than three hours.

She faced fresh concerns soon after the surgery ended.

"The first week was fine, but then they had to give me blood transfusions, I had blood stuck in my lungs, I had a bad reaction to one of the transfusions and lost some lung function, my heart rate went really high and my oxygen went really low."

She persevered through it all, refusing to give up or give in. The prognosis now is positive. There's still a long way to go, but Davidson is finally able to breathe easier.

Danielle Davidson has been given a positive prognosis. MIKE DONACHIE/METRO

On the web

- **Facebook Page:** Danielle's Breathe Easy-2nd Time's a Charm
- **How to become an organ donor:** Log on to beadonor.ca

About cystic fibrosis

Cystic fibrosis is the most common fatal genetic disease affecting Canadian children and young adults. There is no cure.

- There are approximately 4,000 Canadians living with cystic fibrosis.
- Each week in Canada, two children are diagnosed and one person dies from the disease.

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Warmer weather doesn't equal lower occupancy for local shelter

Mission Services. Need remains high year-round

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Local shelters that have been bursting at the seams through the frigid, snowy winter will find little reprieve as the milder weather of spring slowly arrives.

The common perception, said Mission Services spokeswoman Connie Spuria, is that warm weather takes the burden off shelters because homeless men and women aren't at risk from the cold.

The truth is the Men's Mission and Rehabilitation Centre on York Street has run at an average of 90 per cent capacity, or more, for almost a decade and often finds itself rolling out extra cots for when the need rises beyond capacity.

That level remained constant even after doubling the number of its beds in 2005.

Connie Spuria says need for shelter is year-round. SCOTT TAYLOR/METRO

"I would say that 'crash beds,' as part of our Community Mental Health Programs, are often spoken for, especially on the men's side," she said. "They open up at 9 p.m. and by 8 or 8:30 p.m. there's always a lineup."

Overflow beds are often in use. That high-water mark remains constant in the summer, when extremely hot weather is also a danger.

"People need somewhere to go to escape the heat because some people have health and respiratory issues and during heat waves that becomes a particular problem."

And when there's no more room?

"We have a policy of referral to the street is just not acceptable," Spuria said. "We will find a way. We have good partnerships with the Centre of Hope and with Unity Project, so between the three we do our best."

Mission Services also runs the Rotholme Women's and Family Shelter for single- and two-parent families.

Bed count

Men's Mission and Rehabilitation Centre:

- 111 emergency shelter beds for men (30 days)
- 36 transition beds for men (longer term)
- Crash beds (emergency, last resort): 10 for women, 11 for men

Making a splash at this year's Slush Cup

Everybody was making a splash Sunday at Boler Mountain's annual Slush Cup event. Coming down the hill wasn't enough as the weather warmed up — the organizers had created a giant puddle to provide a soft, cold, messy landing. MIKE DONACHIE/METRO

Gas plants scandal. Wynne seeks legal advice, insists Hudak's claims are false

Ontario Premier Kathleen Wynne says she has obtained legal advice and is demanding Tory Leader Tim Hudak stop repeating an accusation claiming she "possibly ordered" the destruction of government documents in the gas plants scandal.

In an open letter Sunday, Wynne calls Hudak's comments "false, misleading and defamatory allegations" that she says are "utterly unsupported" by evidence.

She demands Hudak and his caucus stop making the claim and remove it from their website — which carried it as of Sunday morning — and all other party communications.

Wynne writes that unless that is done she will "take all necessary and appropriate steps to ensure your false statements are corrected."

A Wynne spokeswoman would not say what specific steps the premier is considering.

Hudak's office did not immediately comment.

Hudak made the comments Thursday after the explosive release of court documents alleging police, who have an ongoing criminal investigation into the scandal, believe the chief of staff of former premier Dalton McGuinty gave an outside tech expert — the boyfriend of a senior staffer — access to 24 computers in the premier's office.

According to the documents, top aide David Livingston sought high-level access to the computers to "wipe clean the hard drives" after McGuinty resigned amid controversy over the costly cancellation of two gas plants ahead of the 2011 election. THE CANADIAN PRESS

Bust a Move. Event raises more than $1M for research, cancer care

A fitness event for a good cause meant six hours of exercise and more than $1 million raised on Saturday.

Almost 350 men and women took part in Bust a Move for Breast Health London, a unique group-fitness event to benefit the Breast Care Centre at St. Joseph's Hospital.

It was held at the London Convention Centre to raise money for and awareness of breast care and research.

Participants, sponsors and donors, including The Bernard and Norton Wolf Family Foundation, raised $1,055,000.

Bust A Move London is part of a national movement. People take part in fun fitness sessions, choreographed again this year by fitness experts The Athletic Club.

The final exercise session was led by fitness expert Tommy Europe. METRO

See that symbol? It means you can scan this image with your Metro mobile app to see a photo gallery of the operation in the Mare slum complex.

Russia recommends Ukraine federation as Kerry, Lavrov meet

Sunday's meeting. Diplomatic talks proceed while Russia deploys troops along border

U.S. Secretary of State John Kerry, left, shakes hands with Russian Foreign Minister Sergey Lavrov before the start of their meeting.
JACQUELYN MARTIN/THE ASSOCIATED PRESS

Russia on Sunday set out demands for a diplomatic resolution to the crisis in Ukraine, saying the former Soviet republic should be unified in a federation allowing wide autonomy to its various regions as U.S. Secretary of State John Kerry and Russian Foreign Minister Sergey Lavrov met in Paris in another bid to calm tensions.

After a brief call on French Foreign Minister Laurent Fabius, Kerry sat down with Lavrov at the residence of the Russian ambassador to France to go over Moscow's response to a U.S. plan to de-escalate the situation as Russian troops continue to mass along the Ukrainian border.

The men said nothing of substance as they shook hands, although after Kerry ended the photo op by thanking assembled journalists, Lavrov cryptically added, in English, "Good luck, and good night."

Appearing on Russian television ahead of his talks with Kerry, Lavrov rejected suspicions that the deployment of tens of thousands of Russian troops near Ukraine is a sign Moscow plans to invade the country following its annexation of the strategic Crimean peninsula.

THE ASSOCIATED PRESS

Police occupy Rio slum ahead of World Cup

A couple walks past a navy armoured vehicle during an operation to occupy the Mare slum complex in Rio de Janeiro on Sunday. More than 1,400 police officers and Brazilian Marines rolled into the area near Rio's international airport before dawn Sunday in the latest security push ahead of this year's World Cup. Not a shot was fired as the Mare complex became the latest impoverished area to see security forces move in and try to push out heavily armed drug gangs that have ruled Rio's shantytowns for decades. To see a photo gallery, scan the image above using the Metro AR feature on the Metro mobile app.

LEO CORREA/THE ASSOCIATED PRESS

Medical marijuana. Many patients say they'll have to break the law or go without

They might have a temporary reprieve, but pain-stricken Canadians who grow their own medical marijuana say they may soon face a difficult choice: go without the weed they need or break the law to get it.

A Federal Court judge recently granted an injunction that allows thousands of patients to continue cultivating their own marijuana at home, or designate someone to grow it for them — at least until their legal challenge of planned new rules can be argued more fully.

But the federal government is determined to change the system, even if Tuesday's full-fledged launch will be delayed.

If the courts ultimately reject the legal challenge to the plan led by several home-growers, anyone other than a licensed producer cultivating pot would be breaking the law.

Still, some patients argue the new system will deny them a safe, affordable supply of the particular strains of marijuana that make their often-debilitating conditions bearable.

Alison Myrden of Burlington, Ont., says she cannot afford to switch to a licensed producer. A former Ontario correctional officer, Myrden is used to playing by the rules. "I don't want to break the law."

Others say they will have little choice if the Federal Court upholds the new system. THE CANADIAN PRESS

Prices to get high?

- **Price per gram, purchased from Health Canada under the old rules:** $5
- **Price per gram, under the new rules:** Expected to initially average about $8.
- **Projected total additional cost to all approved patients as a result of the new system:** $166 million a year for 10 years
- **Projection of number of medical marijuana patients by 2024:** Up to 450,000
- **Sales projections for the new industry by 2024:** $1.3 billion a year

Bill C-23. Poilievre says there's no need to panic over Fair Elections Act

The minister responsible for democratic reform says he's listening to the growing tide of outrage about the Harper government's controversial new electoral reform bill, but Pierre Poilievre would not commit to making changes.

Doing the circuit of political TV shows on Sunday, the junior minister continued to defend the overhaul and once again denied that he misquoted the author of a report the Conservatives have used to justify extraordinary measures in the legislation.

Poilievre said a House of Commons committee is only four days into hearings over Bill C-23, known as the Fair Elections Act, and it's too early to determine whether there will be any amendments.

"We have over a month left," he told CTV.

Opposition to the bill has been almost universal, with political parties, academics and editorial writers criticizing most aspects of the legislation. Poilievre tried to take some sting out the arguments with a reassuring tone, but gave no hint of compromise.

"We'll keep listening to them, but I don't think there needs to be any panic," he said. THE CANADIAN PRESS

Pierre Poilievre THE CANADIAN PRESS

Quebec

PQ leader pushes values charter at 'secular brunch'

The Parti Quebecois is trying to turn attention toward its charter of values, with Leader Pauline Marois headlining a "secular brunch" Sunday, featuring supporters of the proposal.

Janette Bertrand, a well-known feminist and head of a pro-charter group, said accommodation of religious minorities threatens to erode the equality between men and women.

THE CANADIAN PRESS

Newfoundland

Frozen embrace to mark anniversary of sealing disaster

In 1914, Reuben Crewe and his son set out on the SS Newfoundland, and were later found frozen, the boy's head tucked against his father as they died in a storm.

Their embrace will be depicted in a bronze sculpture as part of ceremonies Monday marking 100 years since the disaster.

THE CANADIAN PRESS

P.E.I.

Residents urged to come together after deadly fire

Residents of a Prince Edward Island town were told Sunday to support one another following the deaths of three young people whose bodies were found inside an abandoned building in Charlottetown after a fire Saturday morning.

Rev. Gerard Chaisson said he told parishioners Sunday about the need to come together during such tragedy.

THE CANADIAN PRESS

Parliament Hill

Victims' rights bill expected in 'next few days'

A long-promised victims' bill of rights is about to be introduced in Parliament, driving a potential political lightning rod into the House of Commons.

Justice Minister Peter MacKay said Sunday he looks forward to delivering on the throne speech commitment "over the next few days."

THE CANADIAN PRESS

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Wish you could watch Italy's singing nun belt out Alicia Keys right on the page?
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FERNANDO CARNEIRO
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All you need is the Metro News app. If you don't have one, get yours free at the App Store. If you already have the Metro app, upgrade it today. Then look for the AR symbol throughout your paper.

2 Scan the Pic

At right is an image of Italy's latest singing sensation. Open your Metro News app and click on the Metro AR icon at the top right of the screen to go into scan mode. Scan the photo with your phone.

3 Watch the Video

Sister Cristina Sciuccia belting out an Alicia Keys hit song will come to life on your screen. As you move the paper, the video stays put. For a stand-alone experience, close the paper — and pump up the volume.

YOUTUBE

Peacekeepers kill civilians in Central African Republic

Reprisal fears.
A spokesman for peacekeeping soldiers said their actions were a 'legitimate defence' following an attack

Chadian peacekeeping soldiers opened fire on civilians in Central African Republic's strife-torn capital city Bangui over the weekend, killing more than 30 and sparking fears of reprisal attacks, officials and witnesses said.

Jean-Pierre Sadou, a gendarmerie official with the regional peacekeeping mission, could not confirm the death tolls provided by local officials. But he did say the soldiers' actions were a "legitimate defence" after the attack on their convoy.

The soldiers were returning from a mission in the country's interior on Saturday when two of their vehicles were attacked by grenades, said Sadou. In response, the soldiers forced their way past a roadblock erected by French soldiers in Bangui's PK12 neighbourhood and started shooting on the crowd, witnesses said.

More than 20 people were killed in the PK12 neighbourhood alone, said Odette Dombolo, a commune mayor.

"We continue to collect the bodies," Dombolo said Sunday. "There are more than 100 injured, and I mean seriously. We are overwhelmed."

The same soldiers killed four people in the Gobongo neighbourhood, local official Jean Claude Yamodo said, and witnesses said eight more were killed near the airport.

Michel Djotodia, the rebel-leader-turned-president, stepped down in January amid mounting pressure.

Since then, the country's Muslim minority has been targeted in retaliatory violence at the hands of a Christian militia. Tens of thousands of Muslims have fled to Chad. THE ASSOCIATED PRESS

Tit-for-tat atrocities

Central African Republic, long one of the world's poorest countries, descended into chaos one year ago when an alliance of mostly Muslim rebel groups in the country's north overthrew President Francois Bozize.

- The rule of the rebel coalition was marked by atrocities, including tying together victims and throwing them off bridges into rivers to be eaten by crocodiles.

In memoriam: Soccer tragedy

Laying down flowers and jerseys, supporters of Stockholm soccer club Djurgarden IF pay their respects at the spot where a fellow supporter was fatally assaulted. He died of his head injuries. The attack occurred before the season-opening Swedish league match between Helsingborg IF and Djurgarden IF held in Helsingborg, Sweden, Sunday. BJORN LINDGREN/TT NEWS AGENCY/THE ASSOCIATED PRESS

Senegal and Guinea

Border closed over Ebola fears

Senegal has closed its land border with neighbouring Guinea to prevent the spread of the Ebola outbreak, which has killed at least 70 people.

Senegal's Interior Ministry announced the border closure Saturday. It also said officials in the southern region of Kolda closed a weekly market which draws thousands of people from the neighbouring West African countries of Guinea, Gambia and Guinea-Bissau.

Guinea confirmed last week that several victims of hemorrhagic fever in the country's southern region had tested positive for Ebola. Eight cases have been confirmed in Guinea's capital, Conakry, and in neighbouring Liberia and Sierra Leone authorities are also investigating suspected cases.

The hemorrhagic fever's initial symptoms can mimic malaria, but as the disease progresses it can lead to grisly deaths as patients bleed both internally and externally. THE ASSOCIATED PRESS

More players in exchange-traded fund game a win for consumers

HOW TO ROLL
Alison Griffiths
metronews.ca

When a business Goliath starts feeling vulnerable, what happens? Out comes the chainsaw! Canada's largest exchange-traded fund (ETF) provider, Blackrock Asset Management Canada, a.k.a. iShares Canada, has just slashed management fees on nine of its funds.

This is excellent news for those who invest passively. Passive or index investing using exchange-traded funds (ETFs) has long been proven to be a winning strategy for retail (i.e. you and me) investors.

ETFs simply track or mimic an index such as the S&P/TSX Composite. The fees are extremely low compared to mutual funds.

Not long ago there was just a handful of ETFs in Canada. Today there are nearly 300. While the plethora of ETFs has produced a more confusing landscape for investors, there's now far more choice. Though the iShares behemoth still dominates with nearly 66 per cent of the market, its share is down from almost 72 per cent a year ago.

In response to ETF competitors, iShares is chopping fees. The biggest beneficiary is the iShares S&P/TSX Capped Composite Index (XIC) with an 80 per cent decline from 0.25 per cent to 0.05 per cent. The popular hedged and non-hedged U.S. ETFs that track the S&P 500 Index, XSP and XUS, have dropped from 0.22 and 0.14 per cent to 0.10 per cent each.

In contrast, the fee range for a Canadian mutual fund holding larger U.S. or Canadian companies is between about 1.9 and 2.6 per cent.

Fees have a huge impact on your bottom line. Let's say you have $50,000 in an RRSP with a 2.2 per cent annual management fee (MER).

A buffet of exchange-traded funds for Canadians to choose from means keeping more money in your pocket. ISTOCK

At a return of five per cent over 15 years with no new contributions, you will have $74,455 after paying $21,000 in fees. The opportunity cost, or the money you lose by not having the fees working for you, is $8,492.

Contrast this to an ETF with an MER of only 0.10 per cent. The total return is $102,398 and only $1,124 has gone to fees. The opportunity cost is just $424.

ETF fees are already low but iShares' move means more money in the pockets of index investors.

Canadian connection

Some top Canadian ETF providers include:

- **BMO Asset Management:** www.etfs.bmo.com
- **First Asset:** www.first-trustetfs.ca/etfs
- **Horizons Exchange Traded Funds:** www.horizonsetfs.com
- **Invesco Limited (PowerShares):** www.invesco.ca
- **iShares by Blackrock:** ca.ishares.com/home.htm
- **RBC Global Asset Management:** www.funds.rbcgam.com/etfs/
- **Vanguard Group:** www.vanguardcanada.ca

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URBAN COMPASS

Todd Devlin
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Whether it's down at city hall, or in the media, the question pops up at some point in nearly every medium- to large-sized city in Ontario: Should the job of a city councillor be full time?

Some have answered yes. Some, no. Like London, for instance. Despite Coun. Stephen Orser's many attempts to have the city consider making council jobs full-time roles (with accompanying full-time salaries), it has not come to fruition. In fact, his efforts have been shot down pretty quickly.

But I think Orser has a point.

Yes, I realize this is the same guy who once printed off and handed out to council colleagues an offensive flyer linking water fluoridation to Nazi Germany (I'm not kidding). But even Orser can't get it wrong all the time, and I think he may actually be right on this one.

Putting aside the fact that the Ward 4 councillor may simply be after a larger salary, the actual issue at hand — whether the role should be full time — is certainly worth discussing. As it stands, London has 14 part-time councillors, each earning an annual salary of $33,465. That figure may go up to $33,800 if council endorses, on Tuesday, the corporate services committee's recommendation of a one per cent pay increase. Besides Mayor Joe Fontana, who is the only full-timer (he earned $104,258 in 2013), most city council members have "real" jobs outside of council chambers, to supplement their incomes, although it should be noted there are plenty of full-time workers in London who are living on similar salaries.

But here's the thing: I don't believe the job of city councillor is one that can be done part time. At least not done well. In a city the size of London, I think constituents deserve a representative who is putting in full-time hours on their behalf. And can a councillor really fulfil all of his/her responsibilities on a part-time basis? I don't think they can.

Maybe this is why, as outgoing Coun. Joni Baechler has claimed, London's most recent council has regularly seemed unprepared for meetings and votes. Maybe this is why the 2014 budget process was a nightmare, with council enduring marathon meetings late into the night.

So then why not make the positions full time? There would be no excuses for councillors not being prepared. They wouldn't be required to juggle their "real" jobs and their council duties, on top of family obligations. Council meetings would also be able to take place during the day more often. Undoubtedly, municipal matters would move more quickly.

Of course, there would be costs associated with the doubling of salaries for London's 14 councillors. But at least the money would be well-spent— unlike, say, the $100,000 in lawyer fees that Mayor Joe Fontana and six councillors racked up in response to an ombudsman's report.

The money would be especially well-spent if city council positions were re-written to encompass full workloads and regular meetings with constituencies. I believe the move would make things more efficient down at city hall. And isn't that something worth investing in?

Follow Todd Devlin on Twitter @UrbanCompassLdn

MetroTube

On two legs, life's a beach

ANDREW FIFIELD
metronews.ca

Washington's Panda Paws Rescue does a lot of wonderful work rehabbing animals with serious medical needs that may otherwise go neglected.

They also happen to be home to Duncan Lou Who, a real-life boxer version of the Google Street View half-cat.

Duncan, who seems to love nothing more than a little beach romp paired with a touch of heart-melting tenacity, experiences the beach for the first time in this video. Visit pandapawsrescue.org.

The YouTube video of Duncan Lou Who has over 1 million views. YOUTUBE SCREENGRAB

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ZOOM

Riot-inspired art decorates Greece

DIMITRI MESSINIS/THE ASSOCIATED PRESS

Graffiti proliferates with lax laws

Artwork by Indonesian-born street artist WD, inspired by a news photograph from recent riots in Istanbul, Turkey, is seen in central Athens. Anti-government demonstrations in Greece have inspired local street artists as the country struggles to emerge from a six-year recession. The inscription on the wall is a quote from Argentine revolutionary Ernesto (Che) Guevara.

Greece has attracted international street artists to its capital, due to the availability of commissioned work and relatively lax anti-graffiti law.

THE ASSOCIATED PRESS

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See that symbol? It means you can scan this image with your Metro News app to see more photos from this weekend's Juno awards gala and red carpet.

Serena Ryder, Tegan and Sara win big at Junos

Music awards. Ryder thanks mom and dad for paying the bills while she wrote and recorded in her bedroom

Tegan and Sara's propulsive hit Closer has won the Juno Award for single of the year.

The Calgary-reared twins beat out a field that included Arcade Fire's shimmering disco exercise Reflektor, East Coast rapper Classified's jaunty Inner Ninja and Michael Buble's swinging It's a Beautiful Day to claim the prize. It was the pair's second career Juno after they won pop album of the year at a Saturday ceremony.

Co-hosts Serena Ryder and Classified kicked off the show with a medley of Ryder's indie-pop gem What I Wouldn't Do, which was also nominated for single of the year, and his Three Foot Tall.

The night before, Ryder picked up the artist of the year award.

"Wow, thank you ... this is great — I wanted to hug so many people and I was like, 'I gotta run,'" said visibly flustered Millbrook, Ont., native Ryder, who swore repeatedly as she tried to compose herself Saturday. "This is an amazing, amazing award. My mind is going blank. Look at all the amazing artists I was with.

"Stand up, mom and dad," she said, pointing to her parents as they rose.

"They've been so supportive of me for so long and they had the real jobs in the family ... and they let me stay at home while I wrote and recorded in my bedroom."

Due to Metro's deadline, a full list of winners was not available by print time. For a complete list, visit metronews.ca.

Serena Ryder arrives at the 43rd Juno awards. Not only did the singer-songwriter pick up an early Juno for artist of the year, she also co-hosted the awards show with rapper Classified and country artist Johnny Reid. THE CANADIAN PRESS

And the winner is ...

A partial list of early winners at the 43rd Juno Awards::

- **Artist of the year.** Serena Ryder
- **Country album of the year.** Dean Brody, Crop Circles
- **Rap recording of the year.** Drake, Nothing Was the Same
- **Pop album of the year.** Tegan and Sara, Heartthrob
- **Rock album of the year.** Matt Mays, Coyote
- **Breakthrough artist of the year.** Brett Kissel
- **Adult alternative album of the year.** Ron Sexsmith, Forever Endeavour
- **Alternative album of the year.** Arcade Fire, Reflektor
- **Dance recording of the year.** Armin van Buuren & Trevor Guthrie, This Is What It Feels Like

Tegan and Sarah celebrate their Juno Award for pop album of the year. JOHN WOODS/THE CANADIAN PRESS

- **Electronic album of the year.** Ryan Hemsworth, Guilt Trips
- **Metal/hard music album of the year.** Protest the Hero, Volition
- **Reggae recording of the year.** Exco Levi & Kabaka Pyramid, Strive

Due to the late start time of the awards show this year, the complete list of winners was not available by press time. For a full list and more coverage, visit metronews.ca.

Looking for Canada's best calzone or a killer lasagna? John Catucci, who has spent years snacking his way across the country as host of You Gotta Eat Here!, dishes on a few of his can't-miss spots. The show's third season premieres April 4 on Food Network Canada.

5 restaurants across Canada you gotta try

Casa Calzone, Quebec City

This place has been open for years. It's a compact little spot that's so cosy you're sitting on each other's laps. The calzones are incredible and yet so simple: just dough, cheese and sauce. Order la flambé au cognac calzone, which loosely translates to calzone of flames. When the cognac mixes with the beautiful vinegar dressing, something magical happens. And it's packed with so much deliciousness they can barely fold it over.

The Jane Bond, Waterloo, Ont.

The Jane Bond is a fantastic community hub. Super casual, friendly vibe, live music and terrific food. Here's a dirty little Catucci secret: I love eggplant. Love it! The Jane Bond's eggplant parmigiana sandwich is amazing. It has heft. Deep-fried till crispy and golden, it gets bathed in this beautiful tomato sauce, smothered in melty cheese, and served on toasted garlic bread. This sandwich killed me. I died.

Prairie Harvest Café, Saskatoon

If you didn't know it was there, you'd never know it was there. Tucked in a residential area, behind a set of garage doors, Chef Michael McKeown does everything local, everything from scratch, and he's killing it. He's famous for his prairie harvest lasagna, which is braised short rib, pork belly and ground beef layered between homemade noodles and cheese. It's insane. Did I mention the maple-bacon doughnut? This is the doughnut other doughnuts want to be when they grow up.

Calabash Bistro, Vancouver

What a bunch of great guys. I love this place — good vibes, good food, and good people. Come here for their special roti stack. Chef Cullin makes his roti from scratch, and it's nuts. So buttery, so flaky, and he layers it with sweet plantain, goat cheese, and then he pours something called coconut rundown — which is reduced coconut milk — all over that stack. Is there anything more summery than coconut? You're basically eating sunshine.

Una, Calgary

I go in here every time I'm in Calgary — I don't even drop off my bags at the hotel, I head straight here for my Una pizza fix. It's just that good. Start with meatballs, then order the mushroom pizza. It's a white pizza, so there's no tomato sauce, just oven-roasted mushrooms, smoked mozzarella and fresh arugula. The crust is this lovely thin crust that's just perfectly crispy and chewy.

Long's characters travel his past in Bad Teeth

Art imitates life.
Brooklyn, Bloomington, Berkeley, Bakersfield... Dustin Long's novel retraces his old haunts

EMILY LAURENCE
Metro World News in New York City

Anyone can appreciate the alliteration of the four cities in Bad Teeth — Brooklyn, Bloomington, Berkeley and Bakersfield — but only true literary minds will notice that they are in reverse alphabetical order. Dustin Long's latest release is full of these winks at prose, which fans of his first novel, Icelander, will recognize.

The book features four different interlocking narratives with characters living in the four cities named above, each on his or her own personal journey. A translator named Judas ties the characters together as he travels from city to city searching for a reclusive writer, referred to as the Tibetan David Foster Wallace.

In Brooklyn, he develops a crush on the lovely Selah. In Bloomington, he stays with his friend Adam, a hedonistic, frustrated writer. The Berkeley section centres around Selah and her shady new boyfriend, and she eventually heads to meet Judas in Bakersfield.

"Not only are the cities in reverse alphabetical order, but they are in reverse chronological order from where I've lived," Long says.

"Before writing Bad Teeth, I was working on a book that took place in 17th century China, something I knew nothing about. Even with Icelander, I've never lived anywhere with snow, really. I knew I wanted to write a book that took place in modern day and only in places I have lived and knew about first-hand."

Another difference between Long's past works and this one is it's a bit less cerebral and more attention is paid to character development.

"Focusing on the emotional lives of modern characters in a very realistic way was a challenge for me. Part of the reason why I chose to try that was to stretch myself," Long says.

Long actually had a gem of an idea of what Bad Teeth would become when he was an undergraduate. He wrote what he calls a terrible novel, that was divided into geographical sections and had a similar quest narrative that Bad Teeth would come to have.

Quoted

"I knew I wanted to write a book that took place in modern day and only in places I have lived and knew about first-hand."

Dustin Long, author of Bad Teeth

"Having gone through a similar process helped me have the narrative in mind before I even thought of the plot," he says.

It sounds as if Long himself went on his own academic journey through the four cities, and evolved both professionally and personally. There's nothing bad about that at all.

Law and Order's Meloni shows comedic chops

Surviving Jack. Well-known intimidating tough guy from Oz and SVU switches to playing grumpy dad in sitcom set in the '90s

When to watch

- Surviving Jack airs Thursdays on CTV.

TV star Christopher Meloni is known for a brooding intensity that has fuelled dark roles on heavy dramas including Law & Order: SVU and the brutal prison serial Oz.

Oddly enough, that was what made him perfect for the role of a gruff but well-meaning dad on the family sitcom Surviving Jack, says executive producer Justin Halpern, who based the laugher on his relationship with his own no-nonsense father — the same guy who inspired the Twitter feed "S— My Dad Says."

"The thing about Chris is that he doesn't have to put on anything to be really intimidating," says Halpern, whose new show is drawn from dating disasters he documents in the book I Suck at Girls.

"He scares the (crap) out of us on a daily basis. So I think that (with) this character it's really important that it didn't feel like the (actor) put on this false bravado, that it just kind of came with the guy. And Chris has that in spades."

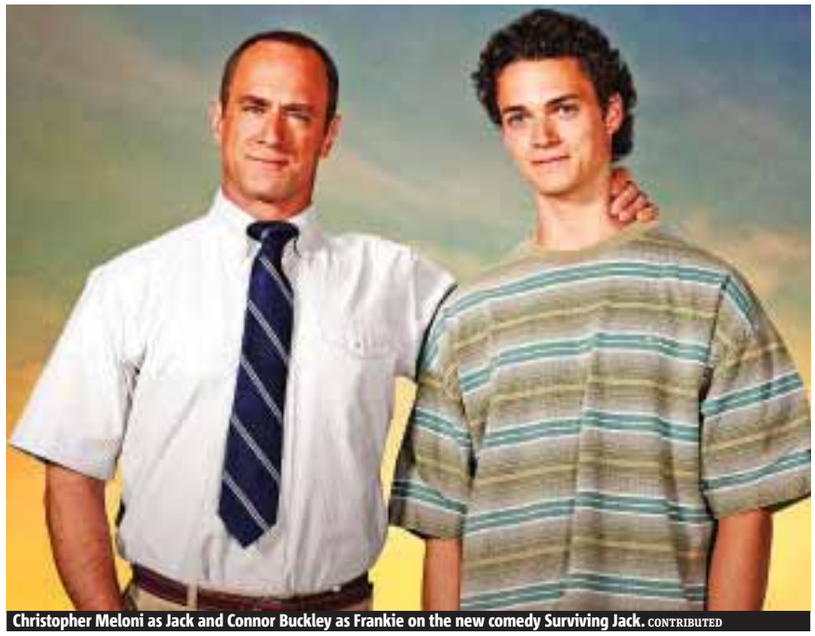
Twitter followers and TV viewers already had a glimpse at one version of Halpern's dad through the expletive-filled Twitter feed, which inspired a cult following, a book and a heavily panned sitcom of the same name in 2010 starring William Shatner. But that initial TV incarnation was actually much further from the truth than Jack Dunlevy of Surviving Jack, says Halpern, blaming his first sitcom's demise on an overly sour tone that made it hard for viewers to connect with the curmudgeonly senior.

"The dad was like a sad old man that had been twice divorced, that was living by himself and went to hookers. And in this one it's much more like my real dad, who's madly in love with my mother — they live together, they're married, they're married 35 years and he's just sort of a more bluntly honest guy," he says.

"That (other) show, it just sort of defaulted into grumpy old man and we've seen that character a million times. I think what makes my dad more interesting is he's this, like, scientist who's lectured at Harvard, but he has this blue-collar element to him."

Surviving Jack is set in the early 1990s, with Meloni as a tough ex-military man and doctor who takes over parenting duties when mom Joanne, played by Rachael Harris, heads to law school.

Jack's blunt style does not go over well with lanky teenage son Frankie, played by Connor Buckley, who is full of insecurities as he begins his freshman year in high school. And it seems even less effective with 17-year-old daughter Rachel, played by Claudia Lee, a high school junior eager to push the limits of her independence.



Christopher Meloni as Jack and Connor Buckley as Frankie on the new comedy Surviving Jack. CONTRIBUTED

The era allows for plenty of nostalgic nods to acid-wash fashion trends, scrambled pay-per-view TV channels and poppy radio hits that existed well before the Internet and mobile devices arrived to offer teens on-demand distractions — something younger members of the cast had a hard time comprehending, says Meloni.

"We'd break to them the news that there was a time in history where cellphones and computers were not there and they really couldn't wrap their heads around that," he says in a recent conference call alongside Harris.

Meloni says he was keen to shift over to comedy after 12 years as Det. Elliot Stabler on Law & Order: SVU, noting that he did sitcoms well before playing a series of menacing TV heavyweights that included a stint on NYPD Blue.

"I was leaning towards a comedy," Meloni says of what he was looking for after Law & Order.

"And you know the threatening Jack thing, I didn't intentionally make it thus ... It's just how the script struck me and I think possibly my physicalness kind of lends itself to that in combination with how Connor plays his part. He seems like he's a kid who seems perpetually uneasy in his own skin. When you compare that to a guy like Jack who seems to me perpetually absolutely calm and comfortable in his skin it really then makes my character a little more threatening."

Nevertheless, Buckley says Meloni is a genuine jokester.

"He's very accessible, but he's very big — he's got a big personality," Buckley said during a stop in Toronto last June to promote the show.

"He'll just whip out an impression or something. He's built for comedy, but he was on Law & Order for the longest time and so it's going to be nice for a lot of people to see if he can also do (something else)."

Executive producer Bill Lawrence points to wacky roles Meloni has taken over the years, including the off-the-wall hillbilly known as Freakshow in Harold & Kumar Go to White Castle and the sexually deviant veteran Gene in Wet Hot American Summer.

"I think it's exciting to see somebody doing something different, but we would be lying if we didn't tell you we all knew Chris comedically before," admits Lawrence, also co-creator and executive producer of Cougar Town, creator of Scrubs and co-creator of Spin City.

"He did Law & Order: SVU for, I think he was on that show for 31 years," he says, joking. "But comedy writers will all tell you that (in) Wet Hot American Summer or the Harold and Kumar movies, Chris is hysterical and he's funny in real life."

THE CANADIAN PRESS

Naturally intimidating

"I think that (with) this character it's really important that it didn't feel like the (actor) put on this false bravado, that it just kind of came with the guy. And Chris has that in spades"

Justin Halpern, executive producer of Surviving Jack

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HONDA

Gwyneth Paltrow and Chris Martin ALL PHOTOS GETTY IMAGES

Too-cool-for-Coldplay Gwynnie won't be missed by boys in the band

Regardless of whether it was Gwyneth Paltrow or Chris Martin who decided to go ahead with the couple's "conscious uncoupling," Martin's bandmates in Coldplay are reportedly relieved, having likened Paltrow to Yoko Ono, according to Radar Online. "The members of Coldplay loathed Gwyneth. (She) never made any attempt to bond with Chris's band members, who also happen to be his best friends," a source says. "In particular, guitarist Jonny Buckland and his wife Chloe had hoped to become closer couples friends with Gwyneth and Chris after they had their own two children, but it never happened. Gwyneth just couldn't be bothered because she would rather hang out with her other famous London friends. It was clear that Gwyneth viewed Chris's life with the band as completely separate from her world." But despite that lack of interest, Paltrow still reportedly took issue with "Chris going on tour with the band so much," the source adds. "She always made him feel guilty and said she was stuck at home with the kids while Chris was off seeing the world. But this is his job. Gwyneth knew she was marrying a rock star, and what did she expect him to do?"

Selena Gomez

Selena subpoenaed? You'd better Belieb it

Selena Gomez was just making a normal trip to a convenience store in L.A. recently when she was served with a summons to testify in on-again, off-again boyfriend Justin Bieber's legal dispute with a photographer, according to Us Weekly. Gomez will now have to face questions under oath about a May 2012 incident in which Bieber allegedly kicked paparazzo Jose Duran in the stomach at a shopping mall in Calabasas, Calif. Reports state that Bieber and Gomez left the scene before police arrived. Bieber himself was deposed for a different lawsuit — brought by a different photographer who claims the Canadian pop star assaulted him — earlier this month, though Bieber got belligerent when the line of questioning switched focus to Gomez. "Don't ask me about her again," he repeatedly demanded. Gomez is expected to be subpoenaed in that case as well.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Singer earns RiRi-spect of fashion world

STARGAZING
Malene Arpe
scene@metronews.ca

Rihanna will receive the prestigious CFDA Fashion Icon award. I'm assuming that stands for Chick Finds Drake Adorable.

Angelina Jolie teams up with Stella McCartney for a special Maleficent-themed kids' collection. Unfortunately for all the sweet little tykes out there wanting one of the fun costumes, the collection was completely sold out when Angelina was done shopping for her own children.

A Kanye West photo from a Vogue story shows him as having no mirror reflection. There are a number of reasonable explanations: 1) He is probably a vampire. 2) Someone went too far with the Photoshopping. 3) He is a vampire. 4) He is clearly a vampire.

Jennifer Aniston says tabloids are "toxic." She explains: "Every time I get lonely because I'm old and childless and hug the magazines for comfort, I get a rash."

Lady Gaga says she's not in charge at home as "it's not good for relationships to tell men what to do." Your suggestion about pickled pigs feet and feathers didn't go over well, did it?

There's a very good chance The Backstreet Boys and The Spice Girls could soon be touring together. I've never been happier that I kept my parachute pants and my Union Jack halter top. #onlyslightlymotheaten.

Elton John and David Furnish

New U.K. law gives Elton wedding to tackle, but it won't be a flash affair

With gay marriage now legal and in effect across the U.K., Elton John and David Furnish are planning to make their relationship extra-official with a wedding in May, according to the Daily Mail. John and Furnish had a civil union ceremony when they became legal in the U.K. in 2005 and have two children together. But the upcoming wedding apparently won't be a very flashy affair. "I think what we'll do is go to a registry office in England in May and take the boys with us and a couple of witnesses," Furnish says.

Virtual Winehouse world tour rings hologram, Amy's dad says

Amy Winehouse may rise again to embark on a world tour — as a hologram. Billionaire Alki David says he's planning to utilize the same technology that led to an appearance by a virtual Tupac Shakur at Coachella in 2012 to keep Winehouse's career going. "With an orchestra and her hologram, she can take the stage and fans can see her perform her legendary hits," David tells the Sun. While initial reports suggested that Winehouse's father, Mitch Winehouse, is on board with the plan, he apparently isn't.

Amy Winehouse

"No truth in the hologram story. Utter rubbish as usual," Mitch posted to Twitter this weekend.

Twitter

@JimCarrey
This is a fun dream. Too bad we have sleep through most of it.

@mindykaling
follow my godson's cool young nanny on Instagram for up-to-date photos but when she posts photos about her life I feel like a pervert

@samantharonson
Either someone left their phone at my house today or this burglar is doing it all wrong.

The best of the best

BEST NEW PRODUCT AWARD WINNERS CHOSEN

Canadian Living 2014 BEST NEW PRODUCT Voted by Consumers – Research by BrandSpark –

Love to try new products but not sure which ones you'll be happy with?

The 2014 Best New Product Awards can help you there – and then some.

Now in its 11th year, Canada's largest consumer-packaged awards program puts the spotlight on the best new food, beverage, beauty, health and household products in stores. But what's most significant is that the judges are all regular consumers across Canada.

More than 90,000 Canadians participated in this year's study to choose 88 winning products from almost 300 new product innovations that made it onto the final survey list after an exhaustive search for the most promising new products launched in Canada.

"Most of us like to know which products are recommended by the people who have tried them – and these awards let you know what thousands of real Canadian consumers think," said Robert Levy, president and CEO of BrandSpark International, which is the independent market research firm that developed the awards. "In effect, the Best New Product Awards have become the Canadian shoppers' seal of approval," he said.

"In effect, the Best New Product Awards have become the Canadian shoppers' seal of approval."

— Robert Levy, president and CEO of BrandSpark International

For the program, BrandSpark conducted the most extensive consumer feedback survey in Canada: Participating consumers identified which new products they had purchased and rated them on appeal and key aspects of their usage experience, and also explained why they liked, or did not like, these products.

What did the consumers consider important in new products in the different product categories?

In food products, they said taste, improved health benefits and convenience were key. In health and beauty products, ease of use and effectiveness were most important. In the household products category, consumers loved products that were highly effective and worked the first time they were used. Across all categories, the top products were those that consumers felt delivered great value for their money.

"When shoppers purchase a Best New Product Award winner it means that they're buying a product that has been tried and endorsed by thousands of Canadians just like them," said Levy.

The winning products are being promoted by Best New Products Awards partners including Metro News, Canadian Living and Walmart. Select winners will be identified in Walmart stores with shelf signage.

Visit bestnewproducts.ca for more information.

Select winners available at Walmart

It's full steam ahead for a new kind of frozen entrée

Canadian Living 2014 BEST NEW PRODUCT Voted by Consumers – Research by BrandSpark –

If you shop the frozen meal aisle at the supermarket, you may be familiar with VH® Steamers™. If you've tried any of these exotic entrées, your taste buds aren't likely to forget the experience any time soon. That's because VH Steamers take frozen dinners to a refreshing new level.

NOT YOUR TYPICAL TV TRAY DINNERS

What sets VH Steamers apart from the many other meals you find in your store's freezer aisle? For starters, they come in a wide range of Asian-inspired mouth-watering dishes containing tender meats and crisp vegetables. With 10 great varieties, there's definitely a dish for everyone.

But it's not only the choice of wonderful dishes that makes VH Steamers in a class of their own. It's also their unique DuoTray Steamcooker™ technology. Through the power of the DuoTray Steamcooker, food is steam-cooked in its own juices, locking in flavour and preserving the texture of the meal. The technology consists of two components — the Steamer Basket and the Sauce Bowl.

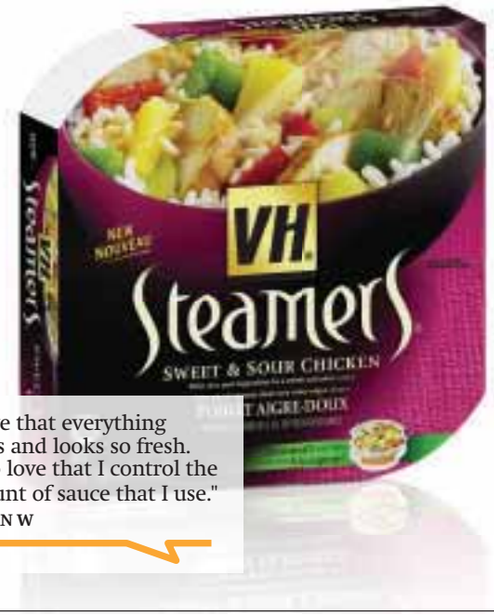
The Steamer Basket holds the vegetables, proteins and pasta. The Sauce Bowl, which contains the sauce and some spices, rests beneath the basket. With a little help from your trusty microwave, steam forms from the sauce, which then cooks the meal in the basket. Once heating is completed, you simply add the contents of the Steamer Basket to the sauce. You can also place steamed food on plate and top it with the amount of sauce you desire. A little or a lot — it's completely up to you.

WHERE IT ALL STARTED

VH has a very unique heritage and story that started in the 1950s with one man's quest to find something more inspiring than the usual North American fare people were accustomed to eating. The man was Vincent Harrison. While on his travels through Asia, Harrison discovered exotic and inspiring tastes he wanted to take home to Canada. His passion was to bring these remarkable flavours and share with Canadians in an approachable way. And so VH was born.

"Today, VH is all about inspiring people to try something new and exciting, with its distinct and flavourful meals," says Paulina Lo, assistant brand manager, VH Steamers. "It's a tradition that began with Vincent Harrison, and it's a tradition we're proud to carry on in every recipe we create."

To learn more about VH Steamers, visit vhcanada.ca.



"I love that everything tastes and looks so fresh. I also love that I control the amount of sauce that I use."
- SUSAN W

LIFE 3

Brown bag it, get your fill of savings

Think inside the lunch box. A packed meal is a steal compared to eating out every day

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Pack your own lunch for a healthier bank balance. ISTOCK

Over and over I meet families who are spending thousands of dollars a year eating out. And over and over I challenge them to give up buying lunches and coffees and substitute food made at home. It's often a hard sell. I'm not sure why, since I love my own cooking much more than the food I can buy in a fast-food joint — though there are times when I have a hankering for something I don't make particularly well. But, on a day-to-day basis, my food is way better than what one of my fams referred to as "outside" food.

On one episode of Til Debt Do Us Part, I handed a gal a lunch box with my face on it and told her to use it. While her hubby was the primary cook in the family and would often make her lunch, she'd leave it behind. She didn't want to give up eating out with her co-workers, so she'd end up spending between $8 and $12 a day on food at work. Hello! $12 a day, multiplied by 5 days a week, multiplied by 50 weeks a year equals $3,000 a year. That's right, THREE THOUSAND DOLLARS. (And those are after-tax dollars!)

Lunch out packs a punch

$3,000

Spending $12 a day on food at work, multiplied by 5 days a week, multiplied by 50 weeks a year equals $3,000 a year.

Creating a lunch for work does take some time and planning. The first thing out of most people's mouths is, "I don't have time in the mornings!" Really? Then get up earlier, lazy! Are you telling me it's not worth $3,000 a year to you (in after-tax dollars) to get up 15 minutes earlier in the morning? Give your head a shake.

One of our household's favourite salads is lettuce, red pepper, watermelon and feta cheese. No dressing needed because the watermelon is so juicy. Yum! You'd be hard-pressed to find a more healthy or delicious salad. And it's dead easy to pack ahead and eat on the go.

Then, of course, there's always the sandwich. Loads of people hate the idea of sandwiches because they have a tendency to get soggy. Easy solution: Pack each ingredient separately and assemble it at lunchtime. Need to keep the ingredients cold? Freeze a juice box or half bottle of water to pack with your cold ingredients. You can do this with homemade iced tea or iced coffee, too.

Salads and sandwiches are, of course, easy. But there are lots of people who want a hot lunch. It's easy if you have a microwave at work. But if you don't or are on the road, consider this marvellous invention called a Thermos. They're brilliant. Soups, fried rice, chili, lasagna, just about anything can go into one. You can make extra for dinner and pack the leftovers for your next day's lunch. To keep the food hot, preheat the Thermos by pouring boiling water in first for a few minutes, then dumping the water out and adding the reheated food.

Some people say they buy lunch because they love the social aspect of eating out. Hey, I'm as social as the next guy. But being social and going broke is dumb. So pick one day of the week when you'll eat out with friends and give yourself something to look forward to. Maybe you'll choose Wednesday (hump day), or Friday to celebrate the end of the week. Whatever day you choose, lunching out once a week instead of five will cut your spending by 80 per cent.

Better yet, start a Lunch Club at work and pick one day a week when you each bring something to contribute to a group lunch. Or challenge each other to find the cheapest good food in your area, and take advantage of the lunch special. All-day breakfasts at $2.99 can't be beat for value.

Be creative. The idea is to have a great life and save some money, at least until you're debt-free. Hey, if you don't owe nobody nuthin', then you can swallow your money to your heart's desire. But if you're in hock, or haven't been saving two red cents for the future, then you owe it to yourself to use all the tricks at your disposal to make your money work as hard as you do.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

METRO CUSTOM PUBLISHING

Tax Talk

Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

Claiming tuition credits and dependant parents

Q I have $25,000 in tuition credits carried forward. Can I transfer it to my student loan?

A Sorry, but the carry forward does not work like that. Students are allowed to carry forward tuition and education credits they can't use until they have enough income to claim them. Tuition and education credits are what we call non-refundable, meaning they cannot create a tax refund by themselves. You have to claim them against income tax you paid during the year in order to use them. Non-refundable credits also have to be multiplied by 15% before you claim them. So your $25,000 in credits will mean $3,750 in tax savings. You can certainly apply your tax savings to your student loan as a lump sum once your get your tax refund, but there is no way to do a direct transfer.

Q My elderly parents live with me. Can I claim them as dependants?

A Maybe. It depends on their age and their income. But if they are older than 65 and have low income, you may be able to claim the $4,490 caregiver amount which means about $673 in tax savings. If they are infirm, this is boosted to $6,530 by the family caregiver amount. And depending on their health, you may also want to explore the Disability Tax Credit if either of them qualifies. If they can't use all of the credit, they could transfer it to you.

Visit *hrblock.ca* for a location near you

Canada's coolest courses

Are you majoring in napping with a minor in surreptitiously checking Instagram under your desk? Consider signing up for one of these three out-of-the-box courses, currently being offered at schools across the country. While we can't tell you exactly what's on the syllabus, we guarantee the content won't make you beeline for your dorm bed.

ELENI DEACON
life@metronews.ca

The Sociology of Hockey in Canada

Here's one for the thoughtful jocks. This University of Regina class examines hockey not just as a game, but as an important aspect of our country's culture with implications reaching far beyond the nosebleeds. Themes on the curriculum include how the sport impacts the economy, social inequality, and Canadian nationalism. It all sounds very studious, but when a disagreement breaks out in tutorial, we imagine it's a gloves-off, sticks-down brawl.

FROM LEFT TO RIGHT : MONTE ISOM / FLICKR, BEAR GRAHAM/FLICKR , KATIEW/ FLICKR

Communication Through Meme

Was Feminist Ryan Gosling really that feminist? What are the social dynamics of planking? And is Doge a radical linguistic visionary or just stupid? Some or none of these questions may be answered in Communication Through Meme, a course at the University of Western Ontario that explores the history and impact of memes, both online and off. Instead of slaving over a term paper, students should just submit a picture of a kitten with "I can has A+?" written in block font in the foreground.

The Art of Breaking

Spin on your head, get school credit. That's the in-a-nutshell premise behind this break-dancing class offered at York University in Toronto. But while technique is integral to the course, it's not all six-steps and freezes. In addition to learning b-boy moves, students also explore breakdancing from a historical and political perspective. Which means graduates gain a deeper understanding of hip hop's cultural context along with learning how to do the worm at parties.

'Round the world wisdom

At times we need others to show us what is possible within ourselves

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

After running four marathons in four days, the long day of the Gobi March brought a new challenge: 85 kilometres, a double marathon. After battling for nine hours with various contenders in my age category, it was now down to two of us with 20 km to go. Sweltering and exhausted in the searing sun, I announced "I can't run anymore, want to jog?" Within minutes, our pace degenerated from a jog, to a brisk walk, to a walk. Done like an overcooked dinner, we willed ourselves toward the finish line, now 15 km away.

It was at that moment that another competitor ran by us as if we were standing still.

I remember panicking; I had everything to lose as I was leading in my age category, but I was emotionally and physically spent. After debating with myself for three minutes if I should, could, or would respond, I decided to try to outrun him.

I never caught up. Although defeated, I later learned that despite losing that race segment, I had managed to run one of the fastest 15 km of my life. Looking back on the event, I was able to move from profound disappointment to an incredible sense of gratitude: I was shown by a competitor what I could do that I didn't know I could do.

Sometimes, we are so completely blind to what we can do.

And too often, we just resent the individual pushing us until we clue in that we often need someone else to push us enough to trigger what is possible within ourselves.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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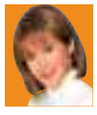
A healthy and kid-friendly fave

Chicken Fingers Parmesan. An update on a classic, this dish will have the whole family begging for seconds



ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves four. ROSE REISMAN

We've all enjoyed the traditional chicken Parmesan, but let's adapt this into a great family meal, perfect for the kids.

Voilà, chicken fingers Parmesan! So easy to prepare.

The nutritional difference here is that the chicken fingers are baked, not fried, saving you three times the calories — not to mention the fat!

My baked version is flavourful due to the Parmesan bread-crumb coating and the low-fat tomato sauce, which keeps the tenders moist.

You could also try this with turkey breast or white fish fillets! If you don't want to make your own tomato sauce, use your favourite brand. Commercial tomato sauce is a great low-fat addition to any meal, but read the nutrition label for added sugar.

Ingredients

- 1 egg
- 1 tbsp water (or low-fat milk)
- ¾ cup seasoned dry bread crumbs
- 2 tbsp grated Parmesan cheese
- 1 lb skinless boneless chicken breasts (about 4 breasts cut into 16 strips)
- 1 ½ cup tomato sauce (homemade or store bought)
- ¾ cup shredded mozzarella cheese
- 2 tbsp chopped fresh basil or parsley

Directions

1. Preheat the oven to 400°F. Lightly coat an 8-inch square baking dish with cooking spray.

2. In a bowl, mix the egg and water. In another bowl, combine the bread crumbs and Parmesan cheese.

3. Dip the chicken fingers in the egg mixture, then the bread crumb mixture.

4. Lightly coat a large, nonstick skillet with cooking spray and place over medium-high heat. Add oil and sauté the chicken fingers for 5 minutes per side or just until cooked.

5. Add half the tomato sauce to the baking dish. Place the chicken fingers over the sauce, then pour the remaining tomato sauce over the chicken and sprinkle with the mozzarella cheese. Bake for 5 minutes or until the cheese has melted. Garnish with the basil or parsley.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Make a great mini mac 'n' cheese app

Here's a great way to put some pizzazz in a mac and cheese classic. Individual mini meals are the trend today, so I decided to pack this staple dish into won ton shells and serve them as a savoury appetizer.

1. Preheat oven to 425°F. Lightly coat 12-cup muffin tin with cooking spray.

2. Whisk flour, stock and milk in a saucepan until smooth. Place over medium heat and cook, whisking constantly, 3 minutes or until the mixture is hot and thickened. Stir in 3/4 cup cheddar and Parmesan cheeses and mustard. Cook until cheese melts, about 1 minute. Remove from heat.

3. Meanwhile, bring pot of water to boil. Add macaroni for 8 to 10 minutes, until tender but still firm. Drain well and place in mixing bowl. Add cheese sauce and chicken. Toss to combine.

4. Line each muffin cup with two won ton papers, overlapping so ends come out over edge of pan. Fill each cup with 1/3 cup macaroni mixture.

5. Topping: combine bread crumbs, Parmesan and oil in small bowl. Sprinkle evenly over macaroni and top with remaining ¼ cup cheddar cheese.

6. Bake in centre of preheated oven for 15 minutes or until filling is hot and won ton shells are brown. Garnish with the parsley and serve.

ROSE REISMAN

Ingredients

- 2 tbsp all-purpose flour
- 3/4 cup chicken (or vegetable) stock
- 3/4 cup canned evaporated milk (2%)
- 3/4 cup shredded aged light cheddar cheese
- 3 tbsp grated Parmesan cheese
- 1/2 tsp Dijon mustard
- 1 3/4 cups elbow whole wheat macaroni
- 3/4 cup diced cooked chicken
- 24 won ton papers

Topping:

- 1/4 cup seasoned dry bread crumbs
- 1 tbsp grated Parmesan cheese
- 2 tsp olive oil
- 1/4 cup shredded aged light cheddar cheese
- 3 tbsp chopped parsley

This recipe serves six (two per person). ROSE REISMAN

OHL playoffs

Knights starting on road in Round 2

For the first time in recent years, the London Knights will not have the extra home game in an OHL League playoff series.

The Knights will open their best-of-seven conference semifinal series against the Storm in Guelph on Friday night at the Sleeman Centre at 7:30 p.m.

Guelph finished in first place in the Western Conference and eliminated Plymouth in five games.

The Knights, meanwhile, placed fourth and knocked out Windsor in four straight.

The series proved costly to the Knights, however, as goalie Anthony Stolarz will miss the entire Guelph series with a suspension and defenceman Zach Bell is out for the season with a broken leg suffered in the final game in Windsor.

DAVE LANGFORD/METRO

Round 2 schedule

- **Game 1:** Friday at Guelph, 7:30 p.m.
  Game 2: Sunday at Guelph, 7 p.m.
  Game 3: Tuesday, April 8, in London, 7 p.m.
  Game 4: Thursday, April 10, in London, 7 p.m.
  ***Game 5:** Friday, April 11, at Guelph, 7:30 p.m.
  ***Game 6:** Sunday, April 13, in London, 2 p.m.
  ***Game 7:** Tuesday, April 15, at Guelph, 7 p.m.
  ***If necessary**

No more 20 questions for scorer Williamson

NBL Canada. After being shut down in Game 6, London forward leads way to force Game 7 vs. Express

DAVE LANGFORD
dave.langford@metronews.ca

The Lightning's Garrett Williamson drives past Quinnel Brown of the Windsor Express. MARK SPOWART/FOR METRO

From the first day of the season, Garrett Williamson was the London Lightning's best player.

That continued all season long as he maintained a scoring average of close to 20 points, was clearly the team floor general and kept a calm demeanour among all the pro basketball chaos surrounding him.

That was until Wednesday night in Windsor.

On that night, the team's best player was anything but. He scored six points in 36 minutes. He sank exactly one basketball in 11 shots from the floor. It was ugly and, as a result, the Lightning lost by 17 to Windsor Express.

But that was then and Saturday night was a different story as Williamson scored 20 points — including a critical 11 in the fourth quarter — as the Lightning won 84-79 to force a Game 7 in the National Basketball League of Canada conference final series.

It will be played in Windsor on Tuesday night at 7 p.m. as the Lightning faces its fourth elimination game this playoff season. Winner on Tuesday faces Island Storm of Charlottetown in the league final.

"I was just off my game," Williamson, 25, said of the Game 5 debacle. "There were no excuses for that. I played terribly. Personally, I just looked in the mirror and said I've got to do more."

Game 7

- **When:** Tuesday, 7 p.m.
  Where: WFCU Centre in Windsor
  Live streaming: sportslive24.net.

And he did just that on Saturday.

"In the fourth quarter, that's what you live for. The lights are on, how are you going to act?" Williamson said.

Lightning head coach Micheal Ray Richardson said Williamson struggled in Game 5, but more than made up for it Saturday.

"He knows that he didn't play well down in Windsor. As basketball players, when we have a bad game, you tend to focus a little more on the next game."

"He's our leader. He's been our leader all year. So why go away from him now?"

They didn't and Game 7 awaits.

4 SPORTS

Huskies proving to be title 'predators' after upset win

Shabazz Napier cuts down the mesh after his UConn Huskies beat the Michigan State Spartans on Sunday night at Madison Square Garden. ELSA/GETTY IMAGES

NCAA basketball. After win over Spartans, UConn coach Ollie now 4-0 in March Madness

Shabazz Napier owed UConn.

He could have transferred when academic sanctions barred the Huskies from the NCAA tournament his junior season. But the guard wanted to pay back the school for the joy of a national title his freshman year, for his struggles as a sophomore.

Napier sure did that Sunday, carrying UConn back to the Final Four in front of thousands of roaring Huskies fans at Madison Square Garden. He scored 17 of his 25 points in the second half in a 60-54 upset of fourth-seeded Michigan State.

The East Regional's most outstanding player hit three huge free throws with 30.6 seconds left, making clutch shot after clutch shot just as Kemba Walker did when Napier was a freshman. The Huskies (30-8) rallied from a nine-point second-half deficit to become the first No. 7 seed to reach the Final Four since the tournament expanded to 64 teams in 1985.

"His will to win — you could just see it," said Gary Harris, who led Michigan State with 22 points. "He wasn't going to let his team lose."

The Spartans' seniors become the first four-year players recruited by Tom Izzo to fail to make a Final Four.

"As the game got closer and closer to ending, it was on my mind a lot, every huddle," said big man Adreian Payne, who had 13 points and nine rebounds but was repeatedly pushed to the perimeter by UConn's defenders.

The undersized Huskies matched Michigan State's physical play box-out for box-out, holding the Spartans (29-9) to just six offensive rebounds and six points in the paint.

"We're physical, too," said second-year coach Kevin Ollie, who is now 4-0 in the NCAA tournament. "Don't get it mixed up. We are predators out there."

They face Florida in the national semifinals Saturday, and they'll be confident they can beat the No. 1 overall seed. The Gators have won 30 straight, but their last loss was to UConn, 65-64 on Dec. 2.

Wisconsin (2) faces Kentucky (8) in the other semifinal.

THE ASSOCIATED PRESS

It's over for Izzo

"We got what we deserved today.... You got to bring it every second. And today Connecticut did, and we just kind of weren't as good as we have been."

Michigan State coach Tom Izzo

Louisville's Mangok Mathiang tries to make the T-shirt jersey work during the Cardinals' game against Saint Louis Billikens on March 22 in Orlando. GETTY IMAGES

MLB opening day. Ace Dickey says it's far from game over for Blue Jays in 2014

Earlier this month, R.A. Dickey wrote on Twitter that he felt much stronger this year compared to last, concluding the tweet: "#redo."

"Remember those old Nintendos?" he later explained inside the Blue Jays' spring-training clubhouse in Dunedin. "You're playing a game and you're just getting so frustrated because you can't get past a certain part so you just hit reset? It's a chance to do it differently."

If only it were that easy.

Dickey, who will take the mound Monday against the Tampa Bay Rays in St. Petersburg, Fla., in his second straight opening-day start, isn't the only one who would have loved to hit the reset button on last year's massively disappointing season. The club's fan base, so desperate for a winner after a 20-year playoff drought, could not have been more let down by the much-hyped Jays' failure to launch a year ago.

Meanwhile, GM Alex Anthopoulos is betting a reset — and better health — is all it takes for them to hit their stride.

Dickey, for one, says he feels more confident and prepared heading into this season than he did last year, primarily because he didn't have to alter his spring-training routine for the World Baseball Classic.

We know R.A. is the Jays' opening day starter. Scan this image with your Metro News app to see the rest of Toronto's Monday roster. JONATHAN DANIEL/GETTY IMAGES

Closed down

Casey Janssen was placed on the 15-day disabled list Sunday due to a strain in his left abdominal area and lower back. Fellow right-hander Sergio Santos will take over the closer's role.

THE CANADIAN PRESS

"Last year, with the World Baseball Classic, I had to be game-ready a lot earlier in spring than I did this year, because you're competing in basically what came down to an Olympic event. So we just had to really step on the gas and my body wasn't ready for that," he said last week, following his last spring-training start. "This year I didn't have that, I could really take my time and I did take my time. I started a little earlier and I was able to pump the brakes a little bit when I needed to."

TORSTAR NEWS SERVICE

Mercedes gets 1-2 win for the ages

Lewis Hamilton of Great Britain and Mercedes GP celebrates on the podium after the Malaysia Formula One Grand Prix on Sunday in Kuala Lumpur. Hamilton beat teammate Nico Rosberg by 17.3 seconds at the Sepang International Circuit, with defending world champion Sebastian Vettel of Red Bull third. It was the first one-two by the Mercedes factory team since 1955. PAUL GILHAM/GETTY IMAGES

Golf

Bowditch blessed with win in Texas

Steven Bowditch held on to win the windy Texas Open Sunday for his first PGA Tour win and a spot in the Masters. The 30-year-old bogeyed the par-5 18th for a 4-over 76 — the highest score by a winner since Vijay Singh had a 4-over 76 in the 2004. THE ASSOCIATED PRESS

NHL

Bruins bully Flyers in Philadelphia

Patrice Bergeron scored the go-ahead goal in the second period and also tallied in the shootout to help the Boston Bruins to a 4-3 win over the Philadelphia Flyers on Sunday. The Bruins have won nine straight road games, a single-season club record. THE ASSOCIATED PRESS

Premier League

Liverpool in pole position in England

After a 24-year wait, the English league title could be on its way back to Liverpool.

A 4-0 win over Tottenham on Sunday saw Liverpool overtake Chelsea and become the new Premier League leader in a close fight for the title.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
What some people say and what some people mean will be two entirely different things today. Because of that it's okay to be a bit suspicious, but most people are still honest.

♉ Taurus
April 21 - May 21
You may be more robust than many but some people are ridiculously sensitive and you would be wise to keep that fact in mind today. Say nice things only, for now.

♊ Gemini
May 22 - June 21
Think with your head, not with your heart. The most important thing as the new week begins is to avoid making the kind of silly mistakes that so many other people make.

♋ Cancer
June 22 - July 23
If there is a creative or artistic project you have been struggling to finish the next four or five days will be critical. Either get it done or move on to something new.

♌ Leo
July 24 - Aug. 23
Your dominant position will be challenged over the next few days and you will have to fight hard to retain your status. Anyone who thinks you will roll over does not know you well, which is in your favour.

♍ Virgo
Aug. 24 - Sept. 23
You are advised to hold fire and not be too pushy over the next 24 hours. No matter how ambitious a Virgo you may be there is only so much you can do, so conserve your energy for when you most need it.

♎ Libra
Sept. 24 - Oct. 23
You would be wise to let friends and work colleagues express their opinions today, even if they clash with your own. In the very near future you are going to need their assistance.

♏ Scorpio
Oct. 24 - Nov. 22
If you take a negative view of what is going on you may get stuck in one of those woe-is-me moods that are so hard to shift. Make a conscious effort to look on the bright side.

♐ Sagittarius
Nov. 23 - Dec. 21
There is something that needs to be done. The longer you leave it the more you will have to rush when you do eventually get started and that could lead to mistakes. Make a "to do" list and stick to it.

♑ Capricorn
Dec. 22 - Jan. 20
Find a nice quiet place where you can switch off from the world and get your thoughts together. If you want to find peace in your life you first need to find it in your own heart and head.

♒ Aquarius
Jan. 21 - Feb. 19
If you want to convince authority figures you know what you are talking about, you must back up your opinions with facts. If you can't do that well it would be best if you stayed quiet today.

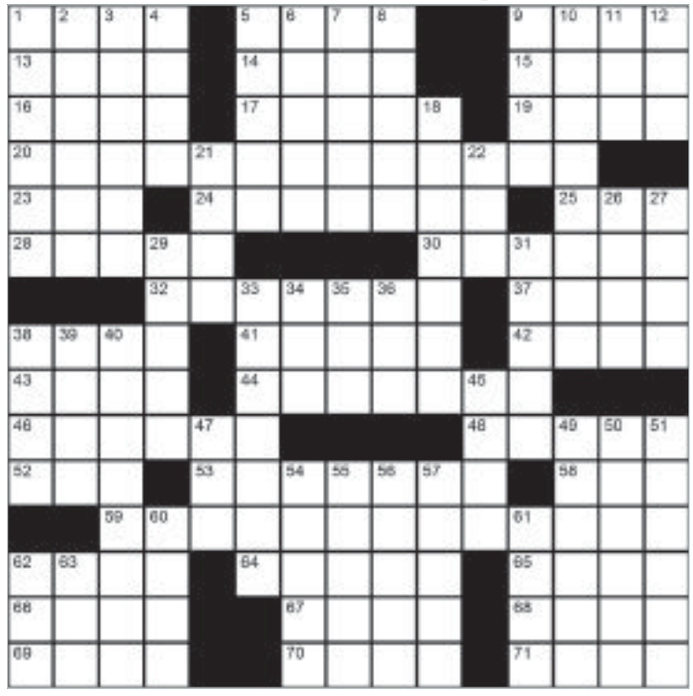
♓ Pisces
Feb. 20 - March 20
Cooperation will go a long way today, especially as so many people seem to be looking for excuses to start a fight. Victory sometimes it goes to those who get themselves organized.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

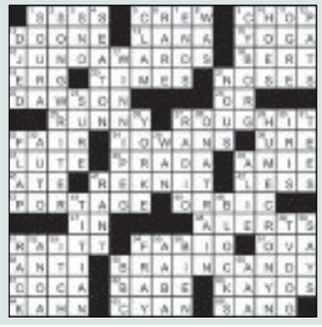
BY KELLY ANN BUCHANAN



Across
1.Tennis shots
5. 9th Greek alphabet letter
9. Sultanate of the Arabian Peninsula
13. _ __ (Together, in music)
14. Instrument-with-sticks
15. Cougar
16. Team
17. Resort destination
19. Spot
20. "Rapper's Delight" band: 2 wds.
23. "_ __ Mine" by The Beatles
24. Nylons
25. 'King' of France
28. Cosmetician Ms. Lauder
30. Not at sea: 2 wds.
32. Canadian designer of Michelle Obama's inaugural gowns: 2 wds.
37. Eye part
38. T. __ Price (Investment firm)
41. Royal __ Golf Club (Championship golf course in Scotland founded in 1878)
42. Possessive pronoun
43. Of a lyric poem
44. In a sick-of-it-all manner
46. Ms. Cardinal, Canadian actress in "Dances with Wolves" (1990)
48. Emily Carr's prop
52. Director Mr. Pollack, for short
53. __ Reuters
58. Cuckoo bird
59. Yuk Yuk's performers: 2 wds.
62. Item-for-a-foot
64. Psalms mysterious-meaning word
65. Many times: 2 wds.
66. Bear: French
67. Planetary travel unit, __. __.
68. Burial shroud
69. Top
70. Physicist Ms. Meitner
71. "I Dream of Jeannie" star Barbara

Down
1. Famous television dog
2. Abhorrences
3. Concern for Joe Oliver as Canada's new Finance Minister
4. "I __ _ ghost!" (Scary movie line, perhaps)
5. Particular potato
6. Root used in perfumes
7. "Tough Guys" all-girl rock band from Toronto
8. Saunter
9. Candid
10. Susan __, Canadian author of The Charcoal Burners
11. Concert's make-the-music-sound-louder thingy
12. Posh opposite of 'Yes'
18. Beached
21. Kirstie's co-star
22. Ms. Rand
26. Humdinger
27. Ms. Lupino's
29. Throw out
31. "I __ __ Papi" by Jennifer Lopez
33. East Coast city: 2 wds.
34. From Madonna's "Vogue": "...boy __ _ girl / If the music's..."
35. Positive gesture
36. Misery
38. Decays
39. Showbiz personality Aubrey
40. Buckingham Palace family, The __
45. Fallon's predecessor
47. Hiroshima's river
49. Went by boat
50. Lotto 6/49 playing option
51. Lend an ear
54. Entertainment journalist Nancy
55. __-faceted
56. __ or neuters
57. Nature shade
60. Try out
61. Spice sort
62. Shed many tears
63. Tint

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		9	8	4		6		
		6						5
5			3			4	8	
	4	1		2	8			
			7	5		1	2	
	7	2			6			9
3						7		
		5		7	4	2		

Friday's Sudoku

2	8	9	6	3	1	7	5	4
5	3	7	9	4	2	8	1	6
6	1	4	5	7	8	2	9	3
9	7	8	3	1	4	6	2	5
4	6	5	2	8	9	1	3	7
1	2	3	7	5	6	9	4	8
3	4	6	1	2	7	5	8	9
7	5	2	8	9	3	4	6	1
8	9	1	4	6	5	3	7	2

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